

THE BEAR FACTS

OCTOBER 2017

Vol. 10 Issue 10



Halloween Scare-fest FRIDAY, OCTOBER 27TH 11:30am

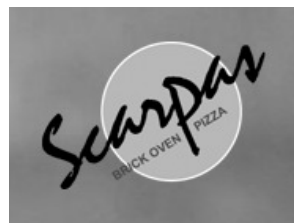
Grab your favorite ghouls and head to Bear Canyon for a howlin' good time. Come in costume for the chance to win a prize, or just sit back and enjoy the ghostly atmosphere.

Luncheon tickets go on sale October 2nd and are expected to go faster than a vampire running from the sun so plan on grabbing yours early.



ALGREENS will be providing
FREE FLU SHOTS
on Friday, October 13th
from 8:00am to 1:00pm

RESTAURANT OF THE MONTH



SCARPAS BRICK OVEN PIZZA

MONDAY, OCTOBER 23RD

TUESDAY, OCTOBER 24TH

Take a break from cooking and cleaning and support the programs and activities of Bear Canyon at the same time.

Scarpas, the best Italian food on Eubank and Montgomery, will donate 20% of your bill to the Friends of Bear Canyon. Pick up a "coupon" at the front desk.

SAYING GOODBYE TO:



MADDIE VELASQUEZ

OCTOBER 3RD

9:30-10:30

After 25 years, 800,000 thousand meals, and 13,000 pots of coffee, Maddie has decided to retire. Please join us at this special celebration of all that she has done for Bear Canyon and show her how much she'll be missed.



CITY OF ALBUQUERQUE
DEPARTMENT OF SENIOR AFFAIRS



BERNALILLO COUNTY



The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



City of Albuquerque



Richard J. Berry, Mayor

Department of Senior Affairs

Jorja Armijo-Brasher, Director
Rhonda Methvin, Mgr. Recreation Div.

Bear Canyon Senior Center

4645 Pitt NE; Albuquerque, NM 87111

Phone: 505-767-5959

Fax: 505-767-5964

Hours of Operation

Monday	8 am—5 pm
Tuesday	8 am—5 pm
Wednesday	8 am—5 pm
Thursday	8 am—9 pm
Friday	8 am—5 pm
Saturday	9 am—3 pm
Sunday	Closed

Staff

Kyle Kemp, Center Manager
Anita Hamel, Program Coordinator
Sally Bartos, Office Assistant
Pauline Clements, Program Assistant
Barbara Lucero, Program Assistant
Open, Cook
Lola Fielder, Kitchen Aid
John Sanchez, General Service
Kelly Trujillo, General Service

Articles are due by the 15th day of the month. Any material submitted is subject to editing. Inclusion of articles will be determined based on appropriateness of material and relation to the Center's goals and objectives.

Advertising Disclaimer: Businesses that advertise in this newsletter are not endorsed by Bear Canyon Senior Center, the Department of Senior Affairs, or the City of Albuquerque



[HTTP://WWW.BEARCANYONCENTER.COM](http://www.bearcanyoncenter.com)

FROM THE MIND OF THE MANAGER

- After 25 years in Bear Canyon's kitchen, Madeline "Maddie" Velasquez has decided to retire. Please join us at her retirement party on October 3rd at 9:30am (in connection with of Friendship Coffee) to send her off with our love to wherever the road leads her.
- Thank you to everyone who helped with this Fall's cleaning week: Donna Bauer, Jim Evatt, Jim and Shirley Fleming, John Lewis, Lillian Lopez, Ron Mansoldo, Joan T. Nye, Dottie Otto, Inge Padgett, Nancy Thompson, and Bill Verant. It was small but mighty crew which succeeded in making the Center look like new again.
- As many of you have heard, I am taking another position in the Department of Senior Affairs. I have enjoyed my time at Bear Canyon immensely and have formed friendships with many of you..

The last year would not have been as enjoyable or as effective without the assistance of the staff. Anita, Sally, Pauline, Barbara, John, Kelly, Maddie, and Lola have not only supported my initiatives but have worked tirelessly to make them a reality at Bear Canyon. I hope that you recognize how lucky you are to have this dream staff as well as the many dedicated and selfless volunteers and activity leaders who make this Center the best in the city.

I will take the memories and experiences of Bear Canyon with me to CASA. I thank you all for your support, your advice, your friendship, and your assistance.



Tuesday
October 17th
2:30 - 4:00PM

FOOD PANTRY

Silver Horizon's food distribution helps keep nutritious foods available to low income seniors who must make choices between buying groceries, paying utility bills, or buying medication.

Seniors receive meat, dairy, hygiene, pet food, and a large box of non perishable items, enough for 2 weeks of nutritious meals .

For more information about the Silver Horizon Program, call 505-884-3881.

OCTOBER TRIPS

Out To Dinner

Paisano's Italian Restaurant

Monday, October 2

Check in: 4:45 p.m. Return: 8:30 p.m.

Transportation: \$2.50

Lunch Bunch

M'Tucci's Moderno Italian Restaurant

Thursday, October 26

Check in: 10:45 AM Return: 2:00 p.m.

Transportation: \$2.50

Z Coil Footwear Tour

Tuesday, October 3 (\$2.50)

Ron's Ride & Glide

Tuesday, October 10 (\$6.50)

Recycling Center

Thursday, October 12 (\$2.50)

Casa San Ysidro

Tuesday, October 17 (\$2.50)

Popcorn Cannery

Thursday, October 19 (\$2.50)

Harrell House Bug Museum

Wednesday, October 25 (\$8.50)

Advanced Hiking

Thursday, October 12

Bosque Peak

Check in: 8:00 a.m.

Transportation: 5¢/mile

Thursday, October 26

Rio en Medio West

Check in: 8:00 a.m.

Transportation: 5¢/mile

Aquatics-UNM Pool

Morning Session: M, W, F

Check in: 8:00 a.m.

Advanced reservation required.

Call 880-2800 to register

pop - up trip

THESE FILL UP FAST, SO RESERVE YOUR SEAT TODAY!

McCall's Pumpkin Patch

Wednesday, October 18th



Check-in: 9:15

Transportation: \$5.50

Admission: \$7.00
(includes free pumpkin)

McCall's Pumpkin Patch is an Albuquerque tradition with lots of entertaining options to partake in including a hayride, the corn maze, Animal Alley, Bunnyville, the country store, and, of course, the pumpkin patch where you can pick out your pumpkin to take home.

El Camino Real Trade Fair

Saturday, October 14th

Check-in 9:30

Transportation: \$2.50

Experience life along the *El Camino Real* with a trade fair at the Hubbell House.

The day's activities include weaving demonstrations, educational sessions, living history re-enactments, a

turquoise trunk show and more. We'll have live entertainment, children's activities and food trucks.

Did you know that the original Camino Real de Tierra Adentro (Spanish for "Royal Road of the Interior Land") was a 1,600 mile long trade route between Mexico City and San Juan Pueblo, New Mexico, from 1598 to 1882.



OCTOBER PRESENTATIONS

Osteogenic Loading for Fracture Prevention

Wednesday, October 4

10:00AM - Noon

- Presenter: Osteo Strong

Low Vision-Non Surgical Options

Wednesday, October 11

10:00AM - 11:00AM

- *When you can no longer see well enough to do what you want to do*

Presenter: Dr. Dulce Walker, O.D. Optometrist

Composting w/Worms

Wednesday, October 18

10:00AM - Noon

- *This class will cover the science, materials, methods and benefits of home composting with worms*

Presenter: Bernalillo County Extension



OCTOBERFEST DANCE

Thursday, October 12th 6:00 to 8:45
w/Swing Shift

AARP DRIVER SAFETY CLASSES

1st Saturday of month, 9:30AM – 1:30PM

3rd Thursday of month, Noon – 4PM

Cost: \$15 for AARP members/\$20 for non-members.

Call the Center to register for a class.

Geriatric Education and Health Maintenance (GEHM)

GEHM provides a wide variety of health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by UNM nursing and pharmacy students.

Monday, October 30th 9:00AM – 11:00PM

FRIENDSHIP COFFEE

Friendship Coffee is a wonderful opportunity to gather with old friends, and make new ones while enjoying a hot cup of coffee and a morning treat. The event is free thanks to the generosity of the following sponsors and supporters:

October 3	Sun Tours
October 10	Elmcroft Senior Living
October 17	Los Colinas
October 24	Miracle Ear
October 31	ABQ Grand

REGULAR MONTHLY MEETINGS

ABQ HISTORICAL AVIATION

1st Thursday at 7:00PM

ALBUQUERQUE ACCORDION CLUB

2nd & 4th Thursday at 7:00PM

CHEROKEE SOUTHWEST TOWNSHIP

2nd Saturday from 10:30-2:30

FISHING CLUB MEETING

Alternating Mondays at 1:00PM

FRIENDS OF BEAR CANYON

2nd Thursday at 8:30AM

GENEALOGY CLUB

3rd Friday at 12:30PM

PROSTATE CANCER SUPPORT GROUP

1st & 3rd Saturday at 12:30PM

SOCIABLE SINGLES

Meeting

1st Tuesday at 11:30AM

3rd Friday at 3:00PM

Games

4th Thursday at 3:00PM

TGIF POETRY GROUP

1st & 3rd Friday at 1:00PM

TOPS NM (TAKING OFF POUNDS SENSIBLY)

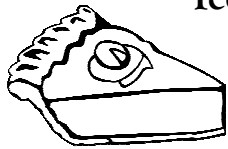
Thursday at 8:00AM

VFW Post 10763

1st Thursday at 8:30AM

ZIA SUNDIALS

2nd Saturday at 1:00PM



Ice Cream *(and Pie)* Social Thursday, October 20th 1:30-2:30PM

Join your current friends or come and make new ones at the October Dessert Social. You can have free ice cream! You can have free pie! You can have both - we don't judge!

THURSDAY DANCE

Join us on Thursdays from 6:00pm to 8:45pm for a whirl around the dance floor. Whether it is the waltz, polka, foxtrot, or jitterbug, you will have fun with your partner or with someone new.

October 5 Swing Shift

October 12 Swing Shift

October 19 Trio Bravo

October 26 Recorded Music

Your current membership card and \$3.00 is all you need for an exciting evening of music and movement

Celebrating October Birthdays

October 12th from 11:30 - 12:30

Each month, Bear Canyon takes a moment to remember and celebrate our members who were born during the particular month. Join in song and cake on October 12th as we celebrate all those members who were born in the month of August.

SPONSORED BY DAVID RIORDON,

INDEPENDENT INSURANCE AGENT

HAPPY OCTOBER BIRTHDAYS!

and other obscure October celebrations:

- | | |
|----|-------------------------------|
| 2 | National Custodial Worker Day |
| 10 | National Angel Food Cake Day |
| 14 | National Dessert Day |
| 28 | Make a Difference Day |



PIE, ICE CREAM AND REAL ESTATE!

Hello my Friends of Bear Canyon Senior Center. There is nothing I like better than stopping by on the third Friday every month with Pie and Ice Cream for the Ice Cream social. I truly appreciate the many thanks I get from a lot of you.

I have been in the Real Estate business since 2004. The Real Estate market is on an upward movement and that is good both for the economy of Albuquerque and for those who are considering selling their home. Perhaps you are considering downsizing since the children have all grown and moved on, or you may be thinking about moving into an independent or assisted living community. If that's the case give me a call and let's have a cup of coffee. I can tell you how the market is doing in your area and give you a free Market Analysis for your home specifically.

Stay Well My Friends,

Greg Gillogly, Senior Real Estate Specialist (SRES)

Granfor's Realty, LLC

Office 505-821-1309, Cell 505-328-5277

Email greg@granforsrealty.com

YOUR NEIGHBORHOOD COMPUTER MAN



*Old-fashioned, friendly
service for high-tech devices*

**We're available
Monday – Saturday
and we come to you!**

For anything computer or
electronics related.

Phone: (505) 508-2124

E-mail: info@yncm-abq.com

\$64 per hour (1 hour minimum) plus a \$10 per-trip fee.



Saturday, November 4, 2017

9:00 AM to 3:00 PM

Bear Canyon's annual arts and crafts show features one-of-a-kind creations by talented local artists and crafters.

Find the perfect holiday gift!

Sponsored by the Friends of Bear Canyon

**74 Unique
Artisans**

**Food Trucks!
9am-3pm**

Art Fest Raffle

- Two Night Staycation courtesy of Heritage Hotels
- 55" Television
- Wood Burning Fire Pit
- 2 Award Winning Afghans
- and more!

GO TO www.bearcanyoncenter.com/oso-artfest FOR A LIST OF PARTICIPATING ARTISANS

OSO CANYON ART FEST RAFFLE ITEMS

Raffle tickets are \$2 each or 6 for \$10.

Raffle tickets for the New Mexico Staycation, 55" Television, Wood Burning Fire Pit, and Hand Crocheted Afghans will be available from the Friends of Bear Canyon at the front desk on October 2nd

Tickets for the restaurants, gift baskets, and other services will be available at the Art Fest on November 4th.

New Mexico Stay-cation:

2 night accommodation at your choice of:

Albuquerque

Hotel Chaco Nativo Lodge
Hotel Albuquerque Old Town

Santa Fe

Inn and Spa at Loretto Lodge at Santa Fe
Eldorado Hotel and Spa Hotel St. Francis
Hotel Chimayo de Santa Fe

Las Cruces

Hotel Encanto

Taos

El Monte Sagrado



Hand Crocheted Afghans

Made with love by award winning artists. View items at front desk.

Courtesy of

Dottie Otto and Wylene Santistevan

Restaurant Gift cards for:

- ♦ Annie's Soup Kitchen
- ♦ Bravo Cucina Italiana
- ♦ El Patron
- ♦ Farina / Farino Alto
- ♦ Grassburger
- ♦ Jimmy's Café
- ♦ Jinja Bar and Bistro
- ♦ Il Vicino
- ♦ Olive garden
- ♦ Owl Café
- ♦ The Quarters
- ♦ Scarpas
- ♦ Starbuck's

55" Samsung Smart Television

Watch movies and favorite programs up close and personal.

Courtesy of:

Lanell Anderson: State Farm Insurance
Felicia Lau Behrman, D.D.S. : Family dentistry
DanCare Carpet Cleaning, Inc.
Jen Green-Vigil: Bob Green Signs
Paul Jones: State Farm Insurance
Steve Kunkle: State Farm Insurance
Don Pearson: Speedy Glass
Paul Witson: State Farm Insurance

Baskets of Goodies from:

- ♦ Great Harvest Bakery
- ♦ Woodmark Senior Living

Gift Cards for Local Services:

- ♦ Hair Artistry Salon (haircut/style)
- ♦ Jacklyn's at the Promenade (hair by Dusti Binkley)
- ♦ Mr. Tux (tuxedo rental)
- ♦ Sun Tours / Lieber's Luggage
- ♦ Signature Skin Care (manicure and eyebrow shaping)

35" Wood Burning Fire Pit

A perfect addition to any backyard or patio!

Courtesy of:

The Friends of Bear Canyon



APPLE MAC

Apple iPad & iPhone Workshop

2nd Thursday of every month,

10:00 am – Noon

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

Contact: Bob Reed – reed1936@comcast.net

APPLE MACINTOSH DAY

3rd Saturday of each month,

9:45 am to Noon

Open to Mac users of any experience level—FREE. An open, interactive-Apple Macintosh Users meeting and workshop.

Activities include a question & answer session, demonstrations of various Mac Tips & Tricks, and useful presentations of other “how to” Mac related topics.

Contact: Bob Reed – reed1936@comcast.net



WINDOWS

PC COMPUTER WORKSHOP

3rd Wednesday every month 1:30 to 3:30 p.m.

This is a **FREE** monthly workshop forum where you have the opportunity to get your Windows PC related questions answered. Donations are appreciated. No registration is needed. Seating is limited to the first 25 who arrive.

Facilitators: Harold Gottlieb and Gary Day

Contact: Harold Gottlieb – hbgottl2@q.com

WINDOWS PC CLASSES AT BEAR CANYON

For a calendar of Bear Canyon computer activities, visit:

<http://www.brownbears.wa.gov/freecal/bcsc>

We conduct classes on a variety of Windows PC topics.

*To join our email list, and receive course notifications,
contact:*

Gary Day (505-292-4909 or garylday@msn.com)

or Walter Garrett (bcwinclasses@gmail.com)

OPEN COMPUTER LAB

**Mon, Wed, and Fri
9 –11 a.m.**

iMac, PC, and iPad are available
for members' use.

Chair Massage

Did you know that Bear Canyon offers chair massages on Mondays from Noon to 3:00pm? Imagine all the tensions in your body giving way to peaceful bliss.

Mondays from Noon to 3:00PM

Reflexology

Please be aware that reflexology is on hiatus for the foreseeable future due to scheduling conflicts.

We apologize for the inconvenience.



FOOD PANTRIES

2:30PM – 4:00PM

see below for dates and locations

Silver Horizon's food distribution helps keep nutritious foods available to low income seniors who must make choices between buying groceries, paying utility bills, or buying medication.

Seniors can generally receive meat and non-perishable items for up to 2 weeks of nutritious meals. For more information about the Silver Horizon Program, call 505-884-3881.

September Pantries

Tuesday	September 12	Manzano Mesa Multigenerational Center
Monday	September 18	Bear Canyon Senior Center
Wednesday	September 20	North Domingo Baca Multigenerational Center
Wednesday	September 27	Palo Duro Senior Center
Thursday	September 28	Barelas Senior Center

October Pantries

Tuesday	October 10	Manzano Mesa Multigenerational Center
Tuesday	October 17	Bear Canyon Senior Center
Wednesday	October 18	North Domingo Baca Multigenerational Center
Wednesday	October 25	Barelas Senior Center
Thursday	October 26	Palo Duro Senior Center

November Pantries

Wednesday	November 8	Los Volcanes Senior Center
Monday	November 20	North Valley Senior Center
Tuesday	November 21	Manzano Mesa Multigenerational Center
Wednesday	November 29	Barelas Senior Center
Thursday	November 30	Palo Duro Senior Center

December Pantries

Wednesday	December 6	Los Volcanes Senior Center
Tuesday	December 12	Bear Canyon Senior Center
Wednesday	December 13	North Domingo Baca Multigenerational Center
Tuesday	December 19	Manzano Mesa Multigenerational Center
Wednesday	December 20	Barelas Senior Center
Thursday	December 21	North Valley Senior Center
Thursday	December 28	Palo Duro Senior Center

RSVP

Lead With Experience

THE FOSTER GRANDPARENT PROGRAM ADVISORY COUNCIL needs members to join its efforts in promoting awareness and educating the community about the Foster Grandparent Program (FGP) and senior issues. Council members advocate on behalf of FGP volunteers, evaluate the Program's effectiveness, and assist in the recognition of Foster Grandparents by raising funds and in-kind resources. The Council currently meets once a month at the Barelas Senior Center. For more information call 505-764-1612.

MEALS ON WHEELS OF ALBUQUERQUE needs volunteers in the kitchen any day Monday through Friday from 9 am-11am. Drivers are needed to deliver meals to the homebound any day Monday through Friday from 10:30 am – 12:30 am. (Use of personal vehicle is required). Please call 505-767-5225.

CATHOLIC CHARITIES needs volunteers for the following position. Senior Transportation Services Driver (Use of personal vehicle is required); agency gives mileage reimbursement. Volunteers will provide transportation to medical appointments, grocery shopping etc. door to door service. Volunteers are asked to serve at least three hours per week Monday through Friday. Please call 505-767-5225

RONALD McDONALD HOUSE FAMILY ROOM VOLUNTEERS

Volunteers are needed to greet families and sign them in, maintain laundry room, stock food and drinks and help families with their needs. Volunteers are asked to work one three hour shift per week. Please call 767-5225.

- 9:00am – 12:pm
- 12:00pm – 3:00pm
- 3:00pm – 6:00pm
- 6:00pm – 9:00pm

Mileage reimbursement is available to RSVP volunteers.

RSVP is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). The purpose of RSVP is to recruit senior volunteers into public, government and non-profit organizations to meet community needs. For this and other volunteer opportunities call 505-767-5225.

BEAR CANYON HAS A GAME ROOM!

Join old friends or meet new ones in Bear Canyon's new Game Room on Wednesdays and Thursdays from 2:00 to 4:00 pm.

Bring your favorite game from home or choose one of the growing inventory at the center. Either way the multipurpose room will be reserved during this time for open games.

While we are currently still building our game library, many of the games that are currently in the cabinet are unique strategy games which are easy to learn and challenging to master. In addition, we hope to have the Wii gaming system connected so that our members can

explore the planets with the Mario Brothers or play golf on perpetually green courses.

For members who can't attend during game room hours, games can always be checked out at the front desk with a valid membership card.

INTRODUCING RUMMIKUB AND PHASE 10

One of our members is excited to introduce two new games to Bear Canyon: Rummikub and Phase 10. Both games are easy to learn and fun to play. We do need additional sets of both games to accommodate larger groups.

If you have questions about either of these new games call Inge at (914) 716-5057

RECEIVE THE NEWSLETTER ELECTRONICALLY

Go to www.bearcanyoncenter.com and click the Email icon on the home page and register to have the monthly newsletter, weekly event reminders, and special notices sent to your email.

HALLOWEEN CELEBRATION

OCTOBER 31ST

9:30AM – 11:00AM (IN CONJUNCTION WITH FRIENDSHIP COFFEE)

- ENTERTAINMENT BY VIRGINIA CREEPERS
- SQUARE DANCING CALLED BY DONNA BAUER
- SPONSORED BY ALBUQUERQUE GRAND SENIOR LIVING AND FRIENDS OF BEAR CANYON



The Virginia Creepers play tunes and songs that range from the Civil War era and earlier to newer pieces in the old-time style. Based in Albuquerque, they play around NM and beyond for dances, parties, and festivals, and as soothing background music for the quiet and studious patrons of saloons and taverns.

Get UP Get *MOVIN'* Get FIT

NEW MEXICO SENIOR OLYMPICS, INC.

Health Promotion Events

- Health and wellness through education, fitness and sports for adults 50+
- Learn how to add physical activity to your day to increase strength and balance
- Sport Clinics to enhance your game!
- FREE TO ATTEND
- Learn about opportunities to bringing an evidence based fall prevention program to your area

**F
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Visit NMSO website at www.nmseniorolympics.org for specific event program detail for each site.

- Register onsite - no pre-registration required
- Event hours: 9:00 a.m. to 3:00 p.m.
- General Session by Aging Matters, LLC
- Educational Workshops
- Falls Prevention and Walk for Fitness Workshops
- Senior Olympic Sport Clinics
- FREE Health Screenings

DOOR PRIZES:

New pair of walking shoes,
a FREE Summer Games Registration
and a Senior Olympic gift basket

Bring a sack lunch
so you don't miss out on the day's events



Coming to a city near you!

Visit website for
2018 dates and locations



2017

October 11 – Las Vegas
Abe Montoya Recreational Center

November 14 – Clovis

Roy Walker Recreational Center



2018

January – Las Cruces

February – Albuquerque

April – Farmington

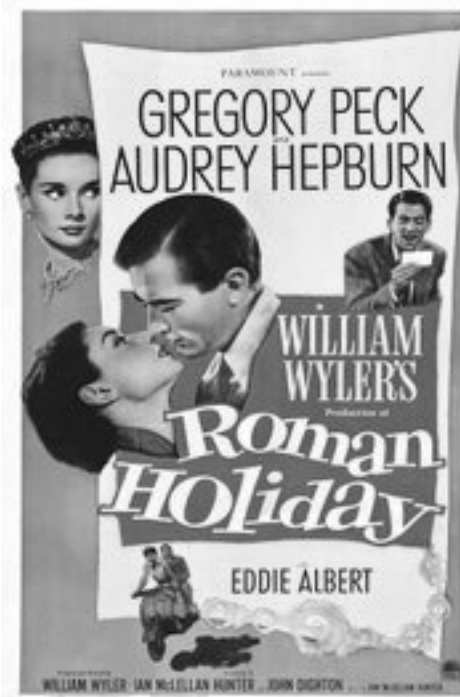
May 30 – Roswell

National Senior Health & Fitness Day

Contact: Terry Delgado, Events Co-Coordinator, New Mexico Senior Olympics, Inc.
PO Box 2690 • Roswell, NM 88202-2690 • Toll Free: 888-623-6676 • Fax: (575) 622-9244
Email: terry@nmseniorolympics.org • www.nmseniorolympics.org

OCTOBER

MOVIE MATINEE



OCTOBER 17TH

1:30PM

Named the 4th greatest love story of all time by the American Film Institute, Roman Holiday stars Gregory Peck as a reporter and Audrey Hepburn as a royal princess out to see Rome on her own. Hepburn won an Academy Award for Best Actress for her performance

Sponsored by...



Breakfast Menu

Served 8:00AM to 9:00AM Monday - Friday

Full Breakfast \$1.50

2 eggs, 2 pieces of bacon or sausage,
Hash browns, toast or tortilla

Mini Breakfast \$0.75

1 egg, bacon or sausage. Hash browns, toast or tortilla

Breakfast Burrito \$1.50

1 egg, bacon or sausage, hash browns (chile optional)

A-la-Carte

Egg	.25
2 Pieces of bacon or sausage	.50
Pancake	.25
French Toast	.25
Toast or Tortilla	.20
Hash Browns	.30
Hot Cereal w/milk	.70
Side of Chile	.25

Drinks

Orange Juice	.25
Milk	.25
Coffee or Tea	.30

Lunch Menu

Served 11:30AM to 1:00PM Monday - Friday

Daily Lunch Special

\$3.25 for members 60 years of age and older
See below for daily special; must be reserved by 1:00pm on the
previous day; call 505.767.5959 for reservations

A-la-Carte (reservations not necessary)

Salad

Bowl	1.00
Plate	2.00

Sandwiches

Cold Turkey	1.50
Turkey Melt	1.50
"Salad" Sandwich of the Week	1.50
Grilled Cheese	1.25
½ Sandwich	.75
Slice of Pie (daily selection varies)	.50
Bowl of Soup (daily selection varies)	.50

Drinks

Milk	.25
Coffee or Tea	.30

OCTOBER DAILY LUNCH SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bratwurst on Bun	3 Baked Macaroni and Cheese	4 Stuffed Bell Pepper	5 Carne Adovada	6 Turkey w/ Gravy
9 Salmon w/ Lemon Butter	10 Baked Ziti	11 BBQ Brisket Sandwich	12 Chicken Tenders	13 Green Chile Burger
16 Turkey Corndog	17 Pork Stir Fry	18 Frito Pie	19 Chicken and Rice Casserole	20 Spaghetti w/ Meat Sauce
23 Pork Chop w/ Caramelized Onions	24 Red Chile Cheese Omelet	25 Pollock w/ Tartar Sauce	26 Green Chile Chicken Lasagna	27  Halloween Scare-fest Special Luncheon

Reservations for daily lunch specials is required by 1:00 p.m. the previous day.
Call 767-5959 to reserve your lunch special. Reserved meals not purchased by 12:30PM are cancelled.
Lunch Specials are subject to change without notice. Ala-Cart menu available without reservations.